



Deconstructed Tofu Lasagne

Prep Time

TOTAL TIME: 1 HOUR

- Prep: 10 Mins / Cook: 1 Hour

Ingredients

Serves 4

- 1 x 350 - 450g block of firm tofu, drained
- 1 x onion, diced
- 2 x garlic cloves, diced
- **Italian spice mixture:** 1 tsp salt, 3 TBSP mixed herbs, 2 TBSP paprika, 2 TBSP onion powder, 2 TBSP garlic powder
- Bunch of fresh basil
- 1 x green chilli (optional)
- 1 x tin chopped tomato
- 1 x sachet of tomato paste
- 1 TBSP sugar or 2 TBSP Agave or pinch of stevia
- Olive oil
- Lasagne sheets
- Cashew Sauce ([Click Here](#)) or standard béchamel

Directions

For the Tofu Bolognese Sauce:

- Grate the tofu into a mixing bowl
- Combine the Italian spice mix with +- 120ml olive oil or canola oil
- Gently mix the spice & oil paste into the grated tofu (use a wooden spoon or spatula).
- Spread the tofu onto a baking sheet & bake at 180°C for 20 mins.

Directions Continued

- Use a spatula to turn & mix the tofu, bake for a further 20 mins or until golden & crispy.
- Sauté the onions & garlic in olive oil until translucent. Season with salt & pepper.
- Add the tin of tomato & tomato paste (approx 3 to 4 TBSP) to the onions & mix well.
- Add in sugar. Let the mix simmer and thicken for around 10 minutes.
- When the tofu is golden and crispy remove it from the oven and mix into the tomato sauce.

For the Deconstructed Lasagne:

- Bring a pot of water to boiling with a dash of oil and salt.
- Add the lasagne sheets to the water (4 per person - large serving, 2 per person - small serving)
- When the pasta is al dente remove with slotted spoon and allow to dry.
- Lay 2 sheets down criss-cross in a bowl.
- Spoon in a layer of tofu mince and top with freshly chopped basil.
- Then add thin layer of cashew sauce.
- Lay another criss-cross of lasagne sheets on top & add the mince and cashew sauce again.
- Sprinkle the basil on top of the cashew sauce, with the fresh green chilli.
- Season and serve!